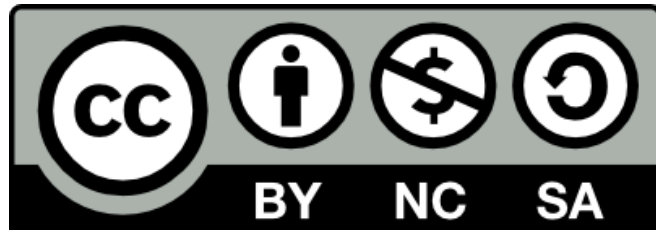


# STONE SOUP

Zac Gale

Version 1.1, written in 2021



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## Contents

Why Stone Soup?-----	4
Introduction, and why I wrote this-----	5
How to use this book-----	10
Part One - Organise yourself-----	11
Part 2 - Tools-----	42
Part 3 - Creativity-----	62
Part 4 - Extra Philosophy-----	70
Part 5 - Add Your Own-----	77
Credits and Acknowledgements-----	98

## Why Stone SOUP?

There is a European folk tale about travellers coming to a village with nothing but an empty cooking pot. The locals do not want to share their food with the hungry travellers, but one enterprising traveller tells a villager that they are making stone soup, which is very tasty.

The traveller fills the pot with water and drops a large stone into it, and announces the soup good, but it needs 'something'. The first villager is happy to supply a few vegetables, in order to contribute to this mysterious dish. The soup is tried and still needs more 'garnish'.

One by one, the other villagers add their contributions and everyone eventually shares a wonderful soup.

In some variations, someone steals the 'magic' stone at the heart of the soup, but since the stone acts as a concept that the other ingredients of the soup gather about, this is largely pointless.

I always saw humanity's potential as the 'stone' and our experiences and achievements as the other ingredients - every human starts as a stone and, through expression and accumulation of knowledge, we all become a unique creation that other people can share.

## INTRODUCTION

Who you are, and the person you could ultimately be is the result of *all* your experiences, good and bad. Therefore, before you even begin to make improvements, you need to acknowledge and appreciate everything that has led you to reading this book.

There are a lot of tasks and undertakings in our lives that are onerous and/or time consuming. This book is a hybrid of textbook and workbook allowing you the space and a whole smorgasbord of techniques to take as much of the mundane hassle out of your life as possible.

As I write this, typing with the ever popular two finger typing method, I am condensing 50 years of human exploration in my own lifetime. This is obviously highly subjective and comes from a place of numerous privileges. I am a white able bodied male living in the UK, I have the internet and enough computer technology to research, write and edit it all to pass it on to you.

I must admit to worrying about 'imposter syndrome'. Who am I to advise you? Where do I get off telling you how to improve your life? What makes *me* so special I can impart *any* advice? This is normal and healthy in any creative undertaking.

If you don't like it, that is your prerogative, but I believe that people are basically good and giving humanity, as a whole, the ability to be happier and more fulfilled is, for me, a worthwhile use of my time and resources.

I am, largely, a failure at life. Other than surviving it thus far, I have no special skills other than the ability to contemplate a viewpoint, understand it as a *kind* of reality, and try to measure my understanding of it.

This is entirely subjective, as all levels of understanding are. The subjective reality of a struggling musician is very different from that of a Big Tech CEO and is different to that of a farm worker, and so on.

If it is possible for those psychological realities to change from birth to wherever you end up , then it is possible for a human to work towards altering that psychological reality for themselves, without all the spiritual woo woo that other self help books will offer you.

In my experience, most self help books will give you about 2 paragraphs of actually useful information - the rest of the book being a build up or breakdown of how the author arrived at this miraculous conclusion or idea.

If the 'boiled down' meaning of such a book is at all worthwhile then the short form of the idea should be able to stand on it's own. This book will be as short as I can make it and still feel that I have gotten the point across.

The inspiration from this book comes from a lot of sources. For some years, now, I have been obsessed by figuring out what is actually important to me in life, and doing as much of that as possible.

Key ideas have also come from the friends I have made, all over the world, as a result of making podcasts and video (mostly about boiling life down to the most efficient nuts and bolts, leaving more time and resources for doing the things I actually enjoy, with my time) - see a pattern forming, here?.

Recently, after a series of conversations with my daughter, I realised what now seems obvious to me, was definitely not obvious to the person I was, when I was her age, and handing out the things I know little by little doesn't really help someone who wants to get all that precious time and skull-sweat-saving information to people who could really benefit from it.

One of my least favourite personality traits is 'Gatekeeping': treating useful information as a substance that needs to be carefully doled out in miniscule amounts and hiding it amongst a whole bunch of other bullshit and prejudices.

There didn't seem to be a whole load of books out there that went: 'this is all the info that I have on helping you make sense of, and making your life easier and more enjoyable'.

I grew up in the punk era - if it doesn't exist, and you want it to, you'd best make it yourself. Boring stuff that you *have* to do gets in the way of the fun stuff.

So why not streamline both the boring stuff and the conceptual road blocks that get in the way of the really fun stuff?

Fortunately, we now live in an era where other people's appreciation of your creative output is no longer a bar (nor should it ever have been) to actually putting your ideas out there.

Creativity generally means that we are reaching out to other humans and experiencing empathy- this makes antisocial behaviour, like war, much harder and encourages people to work and solve problems together.

I am aware that a lot of people will think that I am being patronising by including some of the material in this book. It is certainly not meant to be. If you already understand a section - GREAT! I am happy that your life is that bit more enjoyable.

If you know everything in this book, DOUBLE PLUS GREAT! Please pass it on to someone you think it can help. Sometimes advice needs to come from a stranger for the recipient to be able to digest it.

Don't think of this book as a set of instructions, think of it as a manual for doing more of the things that you want, and streamlining more of the things you don't really want to spend your time doing.

Like a form of guerilla warfare against time constraints, or a way of making your life into a beautiful mural of human possibility.



It may even mean you could direct your resources in a more harmonious way, making the acquisition of objects that are just stuff, somewhat superfluous.

This is the first book I have ever written, and thus, I make no apologies for it. I am not putting in illustrations, as I think you, the reader, are smart, beautiful and competent enough to read it without demanding I create superfluous illustrations or pad out the book with similarly superfluous photographs.

It also means that someone listening to an audio version is not getting any less information than someone reading it.

If you, as an individual, get an electronic copy of the book somehow or find it second hand or otherwise access an 'unauthorised' version of it - know that you do so with my blessing. I didn't write it to become rich, but if it proves financially successful, know that I will try to use that money to buy time and resources to write a better one.

Lastly, the reason this book is in fairly large print is that I'm not getting any younger and I didn't want either of us to have to put on glasses in order to read it.

Anyway, enough ego-maintenance and exposition.

I simply hope this helps the reader or listener in some small way.

Zac Gale 2021

### How to use this book

I didn't intend for this book to be remotely 'respected' and kept pristine. Some of it is designed for you to personalise, but since this book is at least partially about creativity, feel completely free to draw on the cover, make notes in the empty spaces and margins and fold over the corners.

In short, make it yours.

Don't feel that you have to read it in order either, if something jumps out at you in the contents, read that bit first.

The most disappointing thing I could imagine seeing, as regards this book, is a pristine copy, in the hands of you, it's reader.

Part One  
Organise yourself and your  
environment

## BUILD YOUR OWN REALITY BUBBLE/MEDITATION

People do this all the time and it seems to be a thing that a whole load of people do that have, and will continue, to have to do in order to shape, and make sense of, what is going on in the generally accepted reality of what they see of the greater world: what you see on the news, what people tell you on social media, what your friends, family and acquaintances will pass on to you.

This is, and has always been, just the subjective reality of a whole bunch of other people. Without thinking about it, they pass that on to you, and if you're not careful, it will overwhelm you and start to distort your reality.

So to start with, you need to shut off all the lines of conscious communication and allow your own brain to tell you what's going on for you, right now. This is basically what meditation is.

It is worth taking a few minutes out, at regular intervals, to sit down and try to relax all your senses at once. You can do this with nothing or soothing noises, sounds, visual experiences, smells and in comfort.

Light an incense stick, play soft music, sit comfortable, look at something nice or close your eyes. Or don't.

Regularly making time for 5 minutes of conscious sense-calming is very, very good for you. The side effect of doing this will be that you will choose what new information you allow back into your 'tidier' head space.

## Resource Management

Your body and your home environment do pretty much the same job and require, at least conceptually, similar kinds of maintenance.

These are the two spaces we have the most control over.

Your body could be better looked after and your mind more organised at least as far as interacting with the world goes.

Your living environment is there to make that easier, and to be a sanctuary, or at least it should be.

Both should be a sanctuary for the best of your abilities. The more organised your mind and home are, the more you will be able to accomplish. Being able to accomplish more gives you many more options and routes to personal fulfilment.

I'm not going to go into spiritual or political issues in this book. My theory is that if YOU are happier then you will have the energy and insight to see how other people could be happier and, at the very least, not add to their general unhappiness.

More resources, both physical and mental, will(at least I believe) lead to more compassion for others and might eventually lead to a better world for everyone.

What does a more efficient version of you look like? Some of the first steps towards seeing You: version 1.1, in real life, could be in this book.

### Find some external joy, that isn't a person

Whilst you can be happy as a result of the company of another person, it is also important that you find solo activities and types of art that will also give you a measure of happiness. Take a look online or out in 'meat space' for media and art that you enjoy.

If there is a type of art that you aren't overly familiar with, such as sculpture or dance, make an effort to find an example or genre that enhances your mood, Increase the number of things you do like by as much as possible. It is all too easy to listen to or watch extremely negative things and become (if you are at all remotely intelligent) very depressed as a result.

I'm not going to lie: There are an amazing amount of stupid people, doing mean things in the world, so you'd better find some awesome people doing cool and good things to remind yourself that there is at least a small amount of good in the world.

How much time do you spend thinking about getting stuff  
done?

Do not allow yourself to even entertain the idea of doing a chore whilst sitting down. Weirdly, your brain is doing just as much work *thinking* about doing a mundane task as it will while you are doing it, so just thinking about it is kind of wasteful.

If you find yourself thinking of doing things that feel like chores, and you are in the place where they must be done, i.e. at home, stand up.

Stand up and use that time to do a chore, even if it's not the one you were thinking of. Physical action can free your mind to solve a problem.

Tell yourself you will sit down to think , once all the mundane jobs are all done. Reward yourself with a 15 minute break with a drink.

This is an effective habit to form. Habits, depending on the complexity can be formed in our minds at any point between 2 weeks and 8 months, with the average being 66 days. A simple habit, that benefits you, should be formed on the short end of that.

If you formed a habit to get all the mundane stuff (outside of employment) done in the most efficient way, you buy time, every day to do things that matter more to you. Doing more of what you want and feeling fitter, mentally and physically will drastically elevate your sense of well being.

## 'Journalling'

A journal is, if you are competing with yourself, a good way of keeping score.

Get yourself any notebook (hardback will make it last longer) and try to make notes in it every day: What you did, how you felt, what is opposing you in your life and what is helping you.

Start with an idea of what you want to achieve with the day. If you did some chores, write them down, if you had a cool thought, write that down too. Write down any plans you have for the day.

When you review it, you are also able to see if you could have done something better. Use a different coloured pen or pencil to write down later thoughts with.

As you go on, you will be able to organise your journal, incrementally in ways that suit you. There are plenty of online resources to help you do this and give you more ideas.

The next Page is a sample first journal page for you to fill in at the start of your journey to a more optimised you.



WHAT DO I WANT?

WHAT IS IN MY WAY OF GETTING IT?

HOW CAN I IMPROVE MY SITUATION?

WHAT RESOURCES DO I ALREADY HAVE?

WHAT RESOURCES DO I REALLY NEED?

### 1% is all it takes

Can you make your life or environment 1% better today?

Imagine making your life 1% better every day, by forming useful habits and marginally optimising your time and 'gamifying' it so you are 1% more effective every day - that could be 30% better a month, 365% per year. Spare a little time to fold that into the ways you do things.

Being 1% more efficient is an easily attainable goal - you can start any time you want to. Success at that will make the next 1% easier and so on.

As the saying goes; 'The best time to plant a tree was 20 years ago, the second best time is now.'

### Discipline is freedom

Being disciplined, with regards to the maintenance of your environment and your well being, frees up more time to do those things that you want to do. Being efficient and disciplined means things like washing up and laundry cease to have much importance as you become more efficient, in doing tasks that are 'necessary' and you begin to use the time you spend doing physical maintenance chores to think about what you are going to do with the time you have freed up, in a way that improves your quality of life,

## Lists

Having a tangible list of things to do just seems to make what I want to get done with my time so much more achievable. Shopping lists make it more likely that I will come home with the right groceries. To do lists make me feel that I can get everything done.

When I've had my first coffee of the morning, I try to list the chores I think I can get done in the available time and cross them off, either singly, or in batches.

Currently, I use a super cheap A4 whiteboard. If I get through half of them, I feel good, getting most of them done feels better, all of them completed gives me a real sense of achievement.

Discipline in getting what you want done means you can loaf about afterwards with a sense of well deserved rest.

The key to a successful list is to make sure all the jobs, apart from the creative ones, are short. Break a chore like tidying down to specific areas of the house. Separate washing up and drying up, and so on - if you can do multiple jobs at the same time (take laundry to bedroom, then on your way back to the kitchen, remember to take any washing up or bins to empty and give yourself extra points for being efficient). When you are physically near to the actual list, cross off anything you have done.

I once (after 3 hours of persuasion) got a friend to write down everything they wanted to get done over a whole weekend. It took under 90 minutes to achieve all

the tasks (that they did not expect to complete in that single weekend) in a logical order.

This proved to me the incredible value of actually writing down the list, as opposed to one you try to remember, or store on your phone. It is a tangible opponent or an objective to reach.

This is also when inertia comes in to play. Whilst you are burning up your 'cleaning and tidying energy', it is vital that you do not sit down. Otherwise you will need to gather yourself and persuade yourself to get up again. Better to sit down with a well deserved coffee after doing as many of your tasks for the day as possible.

## Tidying

A tidy environment is a must if you want to achieve efficiency in what you do or what you want to do.

It will allow you to optimise the resources you already have and the knowledge that you can access those resources at will has been a source of extra calm and faster achievement.

Being tidier can save you:

**Time** - not having to look for things

**Money** - not having to buy replacement things, because you cant find the things you already own. Or worse, your disorganisation leads to your possessions becoming damaged due to bad storage.

I spent many, many years being very, very untidy, erroneously believing that I was just an untidy person. After I learned to gamify tidiness, I realised that I was just not as invested in being efficient, as I could have been. No one pointed out how to do it efficiently or what benefits it conferred to ME.

Invest time in personal efficiency - you will effectively think your way towards doing much more of the things you enjoy.

'The best way to eat an elephant is one bite at a time'

## Practical Tidying Advice

If your entire house is untidy, as mine was, start with one room - remove everything from that room that does not belong there (start with a bathroom or small bedroom). Then tidy and clean it. Keep doing that with the other, successively larger rooms until you have a single, untidy room, remaining.

In the 'untidy room', pile or store every thing like for like (books with books, clothes with clothes, tools with tools etc.) Then sort each pile or box, discarding anything that you are sure you won't use again. Then take the sorted things and store them with their item types.

When I was doing this, I bought a 5x4 array of flat pack plastic storage cubes. When I reinforced it, at all the joints with zip ties, I was able to get all the grouped items efficiently stored in a way that allowed me to get that last task - putting everything where it should be - done very efficiently. I put all the 'un-homed junk' in boxes and buckets in each cube and tidied away the contents, one box, or bucket, at a time.

If you are not sure about an item's continued usefulness to you, give some thought to offering it to a friend or donating it to charity.

If you remain unsure - put it somewhere it won't get in your way and mark it with a date by which, if it is not used, you will pass it on or discard it.

Marie Kondo is right - if it is not useful or does not spark joy, you should consider discarding it.

Try to store items close to where you will likely use them. This way, using the item will be more convenient, as will putting it away immediately after you have used it.

Once you have this base line of tidiness, maintaining it is as simple as eyeballing anything out of place and resolving to correctly home it.

## GET SHIT DONE

Chores ARE boring and tedious - that's why they are called chores. Do them in the gaps where you are cooking meals, or performing other, necessary, tasks.

Make a list of all the regular chores you need to do in order to maintain a general semblance of tidiness in your home. Having things relatively tidy allows you to use your stuff effectively to make life easier and further chores eat up less of the creative time you have.

Time yourself doing these chores so you know how much time they ACTUALLY take. You will be surprised how doing said task is way quicker than making excuses not to do it and generally feels better than not doing it.

Once you have done this, you can maybe 'nest' those chores inside the dead time of other chores. Waiting for stuff to cook in an oven, means you can probably sort the laundry, do the washing up or sweep the floors.

I used to spend entire days in a de-motivated state because the chores I felt I had to do were hanging over my head, whilst getting precisely none of them done. This meant the chores got longer and harder to do. My mood plummeted still further and my house, inevitably, became a pig sty.

Now I apply a small level of competitiveness, with my previous self, and don't really feel like I'm doing any housework at all. It is actually the case that, armed with a good list, that once you do the smallest of those tasks, your motivation to do the next task is geometrically increased.



## CHORE TIMES

[illegible]

Making use of your new spare time  
The 5E's  
Or how not to feel like you wasted a day.

The feeling of doing nothing can depress you into becoming little more than a couch potato. Getting *something* done makes it exponentially more likely that you will get to subsequently do more. If you have no idea what to do with your time, try to do at least one of each activity of the following types, daily:

**Entertainment**/art appreciation - enjoy something artistic, be it sculpture, TV, a movie or music, made by others.

**Education** - learn a new skill or take in some information that expands your understanding of the world or the universe.

**Exercise** - get off your ass and move around for 15 minutes.

**Expression** - write draw sing or dance, create something that didn't exist in the universe...until now.

**Environment** - improve your environment - tidy, clean re-organise or decorate.

If you are going to compete with someone, the most logical person to compete against is always you, as you were, yesterday.

Don't be a prick to future you.

I was lucky enough to be taught this by a girlfriend of mine as a way of breaking the inertia to get an onerous chore done

Boring stuff like making a bed or preparing the coffee maker are all the sorts of jobs that you would appreciate if you had done them earlier. In a sense, when you get a job done at an earlier time than it needs doing, it is a gift for your future self. It is important to acknowledge that your future self will appreciate you having made the bed as soon as you got up, rather than having to make it before you go to bed.

There are 3 versions of you at any given moment - past you (which you should be trying to better or outdo), current you and future you. Trying to **keep past you from boning future you** will often go a long way to making present you happier.

The real trick to this is to acknowledge your past self as thinking of you in the present, and thanking them.

This way your brain interprets the intention to thank yourself as a little neurochemical buzz of being appreciated when we do things for other people. So you get a little hit of oxytocin when you do the task for your future self and ANOTHER one when you remember that someone else (previous you) was thoughtful enough to do it for you.

As negative reinforcement to do the thing ahead of time next time, if you didn't do said task you can feel free to berate previous you for being a lazy sack of crap.

## DAILY TASKS FOR FUTURE YOU

Here is a list of ideas and space to insert your own gift of time and reduced hassle for future you.

TASK	HOW LONG IT TAKES
Make bed	5 minutes
Prep coffee maker	2 minutes
Load washing Machine	1 minute

## Brain Chemistry

There are 4 main chemicals that pretty much act as the drivers of our responses to nearly all stimuli. These can easily be remembered by the acronym, 'DOSE'.

**D**opamine - The action/reward chemical - boosted by planning a thing and then doing it.

**O**xytocin - the 'social chemical' released when you interact positively with others. Even wishing someone a good morning can boost it.

**S**erotonin - regulates digestion, mood and sleep - boost it by working towards being in a safe comfortable environment, with people you trust.

**E**ndorphin - The body's pain killers, Sometimes known as the runner's high. Strenuous exercise boosts it.

It is really important that you make an intellectual decision, rather than one just driven by simple brain chemistry. You do this by making sure that you achieve enough of a dose of these chemicals to achieve at least a sense of contentment. You can even make a game of giving yourself doses of those chemicals by deliberately doing things that trigger a quick hit of each type.

Discontentment will suck up all of your spare thinking time - contentment will allow you to use more of your time in doing those things that increase and maintain your level of happiness.

## The RPG Character sheet

Role Playing Games (RPGs) are a kind of storytelling shared experience, where people learn to be other people in a shared, alternate world.

But what if someone from that, imagined world, were playing a game based in *our* world?

Try putting together a character sheet as if you were playing you in the most bland Role Playing Game possible. One that deals with being alive and functional with a setting that actually mimics our everyday lives. Imagine trying to 'play' that character in a modern day setting, in the city where you live.

It can be a great tool for self evaluation and might give you ideas about how you would like to improve your abilities and resources.

What would you do, with your available abilities and resources?

If you are feeling brave enough, be brutally honest with the negative traits, at the bottom.

Are you, overall, an asset or a liability to your social group? If it's the latter, then you have a new goal.

## RPG Character sheet example:

Name:

Occupation:

Age:

Ability to travel:

Intelligence:

Charisma:

Education:

Strength:

Competency:

Dexterity:

Skills:

Equipment/Resources:

Negative traits:



YOU WILL NOT FEEL MORE LIKE IT TOMORROW

You just won't.

Sometimes you will simply not have time on a given day to do a certain thing - this is very different to expecting a 'future you' to be any more excited about doing an onerous or time consuming task than your current self.

If you have the time, get whatever it is done NOW.

## Crisis Response Acronyms

Things are apt to occur when you least expect them.  
Events outside of our control can cause stress and shock.  
Having a plan of response to a generalised emergency will make it possible in the crucial first minutes and hours of an unprecedented event.

STOP I saw this one in the, ever-reliable, SAS survival guide.

Stop - make no immediate decisions

Take Stock - what is the situation, what resources do you have to hand to deal with it.

Organise - Organise said resources and/or people so you include them in your thinking and response.

Plan -With resources to hand, take a minute to plan your response and pass it clearly to anyone else involved.

Haltt

You will be able to make a better set of decisions if you acknowledge that you are any of the following:

Hungry

Angry

Lonely

Tired

Thirsty

Acknowledge that your decision will be impaired by the above stressors, and if you can, address each of them, before you make any important decisions.

Having these acronyms in mind will give you a framework to hang a plan from, giving you a real edge in any kind of new or emergency situation.

## Diet:

Good diet will give you more energy and extend your life. Bad diet makes you feel sluggish, unmotivated and will, eventually, kill you early.

Consume more:

**F**ruit and Vegetables

**O**rganic lean Proteins

**O**rganic fatty acids

**D**rink more water

Consume less:

**C**arbonated drinks

**R**efined sugars

**A**rtificial sweeteners

**P**rocessed foods

Start by keeping a food diary of what you eat, roughly what it cost and whether or not you think that food was actually good for you.

In order to reduce your consumption of snack food, (usually high in sugar and salt) make sure you have to go and get it - leave all unhealthy food in the kitchen and when you go and get a snack, bring back only a small portion back to the sofa or the desk. Instead allow yourself to bring back multiple portions of fruit and water.

Having water constantly at your desk will encourage you to drink more of it, and that can only be good for you, in the long term.

If you keep a food diary even for a short time, you will be able to see an area for improvement. The next page gives you space to try this out.

Remember - Self care is infinitely preferable to health  
care

FOOD DIARY NOTES

## Exercise

A small amount of exercise on a daily basis will extend your life, make you feel generally happier and give you much more energy than doing no exercise. My favourite kind of exercise allows me to get other stuff done at the same time.

Ways to incorporate exercise into other tasks:

- listen to an audiobook whilst you exercise
- walk to your grocery store and carry back the shopping
- on your daily walk, take photos or video and post it online

It is very true that you are infinitely more likely to go for a walk or run if you can actually get outside, wearing your boots, with your bag or in your running shoes. Getting outside is 90% of getting some exercise. In fact the first part of getting any exercise is purely mental.

Try this experiment: if you find it hard getting motivated to go for a walk: For a whole week, put on your shoes and go and stand outside your home for 30 seconds, then come inside, long before the end of the week you will be itching to go for that walk or a run, but just make your primary goal to do just that – stand outside with the intention of walking straight back indoors.

If running is what you want to do, or be able to do, go outside in a pair of running shoes.

### Addicted to helplessness

There is little to be gained by not being at least marginally competent in anything you actually rely on.

Certain skills, like wiring a plug, sewing, cooking and beefing up your computer skills are going to pay dividends - the internet will pretty much show you how to do almost anything from first aid to computer repair.

Another similar concept is becoming used to discomfort. If you engage in activities that occasionally put you in the way of discomfort, it will raise the barrier of things that act as stressors and can impede your response to crisis.

Again, are you an asset or a liability in your family or social group?



## Maslow and the Hierarchy of needs

First laid out by Abraham Maslow, in 1943, the hierarchy of needs can be used to form a basic understanding of what we, as humans, need in order to realise our individual potential. It is often portrayed as a pyramid with the basic requirements of human life at the bottom. The theory being that in order to reach the top of the pyramid, one must address all the preceding needs, in order. It can be a useful exercise in determining where your life could stand to be improved.

going back to the role playing game analogy, this is how you 'level up' or increase the abilities of your character:

Physiological needs such as air, water, food, sex, sleep, health, clothing, shelter.

Safety needs personal security, emotional security, financial security

Interpersonal needs Family, friends and intimate relationships.

Esteem needs at least a certain amount of social esteem and self esteem.

Self-actualization needs having a partner, being a parent, utilising talents and abilities and pursuing personal goals.

In later life, Maslow added a final category:

Transcendence needs the need to contribute to something apart from or bigger than one's self, such as altruism or philanthropy - the desire to reach the infinite.

## Part 2

### TOOLS

### On buying Stuff

Stuff really WILL NOT make you happy - your life will improve if you stop trying to feed the simple dopamine response you get when you buy something.

Stuff to do another task, such as paint or other home improvement items, is only fully realised in *it's* potential, once you apply yourself and your plan to *it*.

Otherwise it's just inert junk.

### TOOL OR TOY?

What can you make or do with your new purchase? If the object is merely decorative - consider making it yourself.

The bought decorative item is likely to be an artistic compromise. The made decorative item may not be perfect, but it is, at least, a step on the path to satisfying your self-expression.

If it is not decorative and you are faced with various options ask of your potential purchase:

What does it do, how well does it do it?

Answer honestly and you will come to an honest conclusion.

## Flexibility of Resources

As a child in the 1970's, I lived in an environment and culture, in England, that seemed to glorify the Second World War. Many books, mostly aimed at boys, described the seemingly black and white way the western allies waged a moral conflict for freedom.

As an adult, I know this was largely a kind of post-event propaganda. However, I distinctly remembered stories of the North African campaign and my life changed when I read the story of the Battle of El Alamein, where Field Marshall Bernard Montgomery made a historic choice to bury all his tanks (largely flimsy machines that would not stand up to their German counterparts, when deployed head-to head and could well get lost in the seemingly endless and featureless desert, anyway) up to their turrets in sand, thus turning them into very well defended and strategically placed artillery.

It took me awhile to boil this down, in my own young mind to, "How do I turn what I have into what I need."

Other successful strategists have done this throughout history, like Sun Tsu and the founder of the Scouting movement, Lord Baden Powell.

This began a lifelong journey into what I choose to call 'applied philosophy'. Useful to me, as a child, because I generally wanted stuff that was either unavailable or too expensive to be even requested as a Christmas or birthday present, and even if I could ask, I might have to wait an entire year to realise a plan that needed to happen in a reasonable child time frame (ie RIGHT NOW!)

## Can you build it?

When you pile up all the resources you have, it is useful to note how many other tasks those resources can be used for and as a useful mental exercise, when considering future acquisitions.

The next time you want to buy a doohickey, especially one with no moving parts, ask yourself if you can make it with materials you have to hand. The more raw materials and tools you have at the ready, the more you can avoid having to buy unnecessary things. Items to consider having to hand are:

- a hot glue gun
- duct tape
- foam board
- salvaged cardboard
- zip ties
- DUCT TAPE
- self Adhesive Velcro
- cup hooks - waaay more useful than they sound
- hair bands - can be very handy organising cables
- a simple sewing kit (needles, thread, buttons scissors etc.).
- An A4 laminator.
- Precision cutting tool (box cutter/craft knife)

At the time of writing, the above list of flexible materials (aside from the laminator) would cost less than 10 dollars to purchase. In all likely hood, some, if not most of them, are already in your home.

I used to resent this attitude in my father, but then, I never really felt that he explained the 'why'.

Could you make a serviceable version of the thing you want from scrap materials and the above items? no respectable tool-kit should be without them - they are cheap and ubiquitous.

An extreme version of this mindset could encourage you to buy, and learn to use, a 3d printer. These amazing tools print layers of bio-degradable plastic to form solid or hollow shapes

Another Acronym for helping to applying your ingenuity is

### MARS

**Make** - Can you simply make the thing you need from scratch, using resources from around your home or with easily available materials?

**Adapt** - Can you take something that is currently unused in your own home, and with a few tweaks achieve the same goal as the item you are thinking of buying (you may not need the new thing long term)?

**Repair** - are you replacing a broken item that could be repaired , if you had a little time and standard tools and materials?

**Salvage** - is there a place, near you, that routinely discards materials that you can use for this project?

## Second Hand Things

Are you really so addicted to new things you are willing to expend time and resources just to enjoy the marketing-led need for new things. Second hand goods are cheaper, save the environment and make concepts like compromise easier to deal with.

Also, any second hand item is likely to be sturdier than a new one, having already survived the ownership of at least one user.



## Emergency Planning

One of the ways you can free your mind from concern over unpredictable events is to insulate yourself from the failings of society. In recent years, we have experienced the effects of lock down, due to the Co-vid 19 pandemic.

Our civilisation, as a whole, felt the uncertainty of food and our goods supply chains being disrupted. Panic buying and the expected result of shortages occurred. This has been a stressful time for most people, many of whom also had to deal with the loss of family members. If you can avoid predictable stress in an emergency situation, it will serve you well to do so.

Imagine all the things that can be cut off, or become scarce, in a social upheaval. Keep a supply handy of the things you need most. An emergency that affects your country or region could take away electricity, water, internet, heating, supplies and communications.

Obviously, food and water(at least 2 litres per person per day) are necessary, but also consider:

- the means to cook food (a small camping stove or variant thereof with a supply of fuel).
- lighting (torches, head torches, re-chargeable lanterns and candles).
- Heating (spare blankets, warm clothes).
- Buckets/TP (emergency waste management).
- Entertainment (books, games, music a pack of playing cards).
- Communications (cheap FM radio with plenty of batteries - in a serious emergency, knowing what's going on can be of great comfort).

- The ability to purify water (either by boiling or some other means).
- spare medication, as required.
- spare food for pets
- A small first aid kit

Make sure you know where these things are, and keep as many of them as practical in one place, marked clearly - acting quickly and decisively is as important as being confident that the situation will soon resolve, Both of these things can limit the stress on those around you.

I refer to emergencies as 'unplanned adventures' - this seems to calm people down a bit, or at least brings a little levity to an, otherwise stressful, situation.

Remember, panic is contagious - even if you are stressed, don't communicate it to other people unless absolutely necessary. Panicked people will definitely impede an 'unplanned adventure'.

use the rest of this page to list any other necessities you can think of.

The psychological benefits of having an emergency store and a plan of how to use them are clear: when an emergency occurs, you will know exactly what to do for the first few days, giving you the flexibility to come up with a really good plan, going forward, as circumstances dictate.

If you are really into forward planning, you can enact an emergency situation and not use electricity or tap water for a day or two, making as much a game of it for yourself and others in your household as possible. That way, when a real emergency hits, everyone will be used to being deprived of normal service, and you will have little or no fear of roughing it.

Anything you haven't prepared will, therefore, become obvious, long before it is a real emergency.

## OK, COMPUTER

In modern military parlance, a force multiplier is an item or person that increases the effectiveness of a unit by many times the cost or weight of the item. Things like stealth technology or good, secure communications make a military unit many times more effective than it was. It's force, or impact, is quite literally multiplied.

The modern computer is almost a 'do anything' tool, if you look at it the right way. It is a force multiplier for almost any individual.

Software for creativity and productivity is freely available, if you care to look. You can purchase and upgrade a modern laptop that will empower you for very little money (sub \$100). You can install free operating systems and software to allow you to accomplish more or less anything that can be represented digitally (photography, art, animation, music, virtual sculpture). The computer, when connected to the internet, also becomes your lecturer, library, music centre, broadcast studio, art gallery etc.

Like the acquisition of lot of useful tools, laziness will cost you money and resources, if you do not buy second hand. A new computer, whilst shiny and new, will feel like it is obsolete pretty quickly, whereas a second hand one will give you easy access to not only a larger user base to help you overcome problems, but will allow you to buy the single most useful tool for fixing computers - ANOTHER COMPUTER

With another computer you can look up fixes and download the tools you need for fixing your main computer - and for this, the secondary unit just needs to be good enough to search the internet and download the fixes for your primary machine. A secondary machine will also reduce the impetus for buying another computer, immediately, if your primary machine is rendered non functional and not repairable within sensible costs. Having a backup machine will now allow you the time to thoroughly search for a decent replacement at a sensible cost.

So many of the tools we used to need, in order to create art or express ourselves have been turned into an application, free piece of software or uses software to control a peripheral. The idea of possessing a piece of equipment that does just one job now seems outlandish and retrograde.

The printing press and typesetter have become a laptop and a printer/scanner combo, which easily outperforms the old technology at a tiny fraction of the price. Even once expensive equipment, such as double sided laser printers can be bought second hand , or even given away for the price of shipping. A complex synthesiser and mixing desk has become free software and a laptop/midi controller.

It is far cheaper to buy a computer and MIDI controller today, than it is to buy the stand alone synthesiser.

Essentially, if whatever complex, expensive equipment just needs a processor, the specialised hardware (3D printer, scanner, DJ mixer etc.) will generally be a cheap add on for a computer.

Laptops are great choices for both primary and secondary machines - a good laptop will have the ability for a hard drive and/or memory upgrade - the best ones allow for upgrades to the screen and main processor. A laptop also uses considerably less power than a desktop machine. My own system is based around a Lenovo Thinkpad x-series. These are cheap and plentiful and have many accessories, such as a docking station, which allows for an external keyboard, mouse and a second, external monitor.

My backup machine is identical to my main one, given that they are so cheap, if you shop around for them second hand.

Specifications for a modern computer continually evolve - do some research into what makes a minimum specification for web browsing and running the software you intend to use.

The only disadvantage that laptops have is that generally the graphics capabilities are limited. It is mostly not possible to upgrade the graphics processor, meaning modern graphics-intensive games only really run well on a desktop style computer with a good, dedicated graphics card.

Most people's idea of obsolescence will drive them to upgrading and to consider their old hardware to be useless or of little value.

To quote The Bhudda, 'If you wait long enough by the river, the body of someone, you once considered an enemy, will come floating by.'

In fact, the rapid evolution of computer technology has pretty much stalled. Software is written for use on machines that may be 10 or more years old. Computers are now faster than we can think, or act.

If someone wants to give you a computer or a peripheral, such as a monitor or printer, and you need it, let them - the tech has not become obsolete; merely, the person offering it to you just wants something shiny and new, with an added feature you might not need more than you need the piece of hardware being offered.

One final note - If you ever have a file or picture that you don't want to lose; back it up - USB memory sticks are ridiculously cheap right now and making a regular backup of some files will be worth a great deal to you, if disaster strikes and the computer develops a fault, which means you might lose your files.

Refrain from boning future you.

## WHY I LOVE LINUX

The Linux operating system is just awesome. Firstly, it is free (my favourite price). Secondly, the people who write most of the software also give that software away for free. Generally, it is written to prove a concept or give them a portfolio of software to demonstrate their skills. If you *do* have lots of spare money, many of them have a virtual tip jar and I would strongly recommend you drop them the cost of a cup of coffee, if you are able, but for the purposes of this entire book, I am presuming that you aren't.

The core element of the Linux operating system - a very complex piece of software, known as 'The Kernel' is even more remarkable because it was initially developed by just one person. Finnish coder, Linus Torvalds wrote the first version entirely single-handed. An enormous achievement on it's own. That thousands of other people pitched in to build an operating system, and other compatible software around it, is a great example of what motivated humans can do.

I personally use the Ubuntu version of Linux as it is the most user friendly, in my experience, as I use my computers to entertain me, create or actually get things done. This does not mean I don't learn stuff about how it works when I need to, it's just that my technology is a tool for self expression and making my life better than it would be, without it, rather than a hobby in it's own right.



The other reasons I love Linux:

Software centre - the Ubuntu Software Centre allows you to search for software that can automatically install itself, just by typing in a few keywords - when you see software you like, select install and wait a few minutes and there it is, ready to use.

Security - Linux is regularly updated and checked for security holes and exploits. People all over the world contribute to making Linux as secure as possible.

Drivers - drivers are the various programs that allow your computer processor to interact with the hardware both inside (such as network cards) and outside (like printers) your computer. I have not, as yet, found a piece of hardware that will not be detected by my computer, running Ubuntu Linux, at the point of install - also that installation usually takes less than 15 minutes.

Compatibility - you can also get versions of Linux that will run on much lower speed hardware - this is handy if you are on limited funds and need to buy a slower, older computer or are being offered one by a friend or family member who 'needs to upgrade'.

Finally, the 'open source' nature of Linux means that people are also free to develop better versions of it, so it is continually being improved in ways that the community of users can benefit from. It continually becomes more usable, stable and secure.

The only real downside with the Linux operating system is that modern, graphics heavy, games struggle to run on it. There are ways around this and sometimes a modern game will run, but if you plan to run such games, you may want to use some other operating system, such as Windows.

## The Internet

You will invariably find a whole bunch of people who are happy to share what they know about almost anything: using creative tools, philosophy, how to solve problems and expressing themselves, generally, all over the internet.

You Tube and Wikipedia are two of the most powerful tools that have ever been made available to humankind and once you get your 'search kung fu' together, you will be able to find almost anything you are interested in.

Search kung fu is simply a matter of using a kind of linguistic boolean logic which depends on how someone that has the knowledge you seek filed the data in the first place eg:

'computer broken' is not specific enough a search to bring back concise, useful knowledge that will allow you to figure out why your computer wont start.

'Computer beeps 3 times and screen is blank after boot screen' will allow you to zero in on your particular issue.

I know this could sound stupid and/or patronising(like pretty much everything in this book), but I continually meet people that don't really get how powerful a tool effective search kung fu really is.

And, like a real martial art, with enough practice, eventually you will effectively be able to search by pure instinct.

## To Buy Or Not To Buy

This idea came from a friend of mine, in Australia.

### The list of buying

Write a list of 5-10 things you actually want and not only see if it evolves over time, but use it to stop buying crap you don't want and prioritise the stuff you do want.

Stop yourself from making a purchase you don't really need by working out what percentage it is of a thing you do really want. For example: I want thing A, and it is on my list. I am about to buy thing B, which costs 25% of thing A (and thing B is not on my list), If I do not buy thing B, I am 25% of the way towards getting thing A - I want thing A more than 4 of thing B, so I will not buy thing B.

### The list of not buying.

Similar to the list of buying, having a list of not buying will also prevent you buying crap you don't really need. For example, I am addicted to nice pens and pads, but I have more than enough stationery for the next 5 years. So a list of stuff you have more than enough of (and therefore you would be actively wasting resources), within your eyeline, where you spend most time is a, worthwhile, constant reminder of the types of purchases you do not need to make.

The wealthy of the planet want your money - only give it to them if you have to or you can see a tangible advantage in doing so

BUY LIST

NOT BUY LIST

Part 3  
Creativity

### The first rule of creativity

You can do pretty much any creative thing you like, as long as you don't need other people to appreciate it or for you be paid for it. If you learn to be creative, as an individual, in obscurity, you are free to undertake any creative project you are interested in. Fewer people, means fewer rules.

The purpose of art is to hold a mirror up to nature. The purpose of the artist is to specifically hold the hand of the witness and say 'This thing or feeling looks or feels like *this*, to me'

Creativity can make art or solve a problem.

It is possibly the most rewarding thing that humans are capable of. I see it as the overriding advantage of the whole of humanity.

## Mission Control

If you share a house and don't believe you really get 'your own space', muse on how you would give everyone a 'mission control' desk.

This could be a semi private space where everyone gets a desk of their own and the relevant tech with the mission of making their lives better.

New or second hand desks can be sourced easily , with some kind of storage and a budget for creative materials per month or year. You could even make those desks and try and obtain some kind of chair for each household member.

I also recommend putting up a cork board or white board so that each member of a household can put together an inspirational mood board. These sound like frivolous items, but a good mood board will inspire and reassure.

My mood board was made from an old piece of promotional foam board salvaged from work. It has pictures of people I admire, inspirational quotes and A4 recreations of images I especially like. I try and add a few new items every month or so..

The first inner space mission would be to make each person's desk as useful a space for them as possible - look at each component in your mind and ask yourself if it could be better? A deep desk would allow for part of a clip together bookshelf. A mouse mat could be replaced with a self healing cutting mat. What could you store under the desk?



Once everyone has a desk, try to make sure everyone gets as much creative time, each week, as possible in which they can meditate, learn and create.

If you can share what you each find, you have a creative shared activity that the whole household can benefit from.

You're all beautiful, complex, capable individuals - solving this problem and making sure everyone has the opportunity and the respect for each other's personal optimisation should be straightforward - I am certain people can make this work.

## The Society of the spectacle

Guy De Bord, a French philosopher, remarked that society has become mere spectacle. Essentially, he said people went from socially interacting to having things that represented society then merely settling for images of society occurring.

He would take his students out to the streets of Paris and urge them to socially interact with things, people and events actually occurring in the streets.

True creativity requires we interact with the world and the inspiration for that creativity is out there, happening all the time.

## The Platonic Ideal

Plato tried to understand what the minimum properties an object needs to have for it to be recognised as an object of it's type. For example, what makes a chair a chair: what does it need to do, in order for it to be seen as and considered to be a chair?

If you understand this, you can boil down any item, or concept to a more workable form.

## Developing a skill

Some skills are easy to learn and all you need to do is succeed at them a few times and you have it down. Other skills require much repetition and the rule of 10,000 hours to be competent comes into play.

If the skill is part of your 'unplanned adventure' skill set, then practising that skill with less than ideal circumstances or equipment will serve you well.

If you want to learn how to make something or you wish to learn a new skill, the key is to do or make it badly and then see how you can, even if it's only marginally, improve it.

Sometimes a new undertaking will feel sufficient and do it's 'job' or express it's meaning - sometimes it won't. The more you do said thing , the more your planning and execution will improve.

Make your idea take on a very general shape, then fill in the gaps - that's how I wrote this book.

Remember, perfect is the enemy of good

MAKE IT AND/OR DO IT BADLY,  
THE IMPORTANT THING IS TO ACTUALLY TRY

## Creative resources

If you need equipment to be creative, first muse on what the actual bare minimum amount of kit is required. With a lot of creative endeavours, you really won't know if you like it, or find it fulfilling, until you try. If after a while you enjoy it, you can upgrade your tools or equipment.

later, once you know what would be an *actual* upgrade, in order for you to progress, then is the time to think about acquiring it.

The advantage of buying the minimum or cheapest gear is that you won't sink too much in the way of resources into a potential new skill or hobby and, as a bonus, you will effectively have a 'starter kit' for someone else to borrow, or possibly for you to sell and put the money towards better equipment.

## Sandbox Games

Playing sandbox games, like Minecraft, allow you to meditate on what you would build or make for your happiest life, in a world that does not contain your actual circumstances or social expectations. This is pretty healthy in that it makes you ask, 'What would I do if I had greater freedom than I currently have?'

This is a great question to ask yourself. If you know what you would do or accomplish, with fewer restrictions, then you are in a position where you have the semblance of a plan to make your life even marginally better.

In their own way, these games allow you to meditate on what would, for you, constitute a better life.

And, as always, once you have a plan, you are at least in a position to take steps towards that 'better life'.

Playing at a better, simpler life is always worth while.

You can also play it on Linux, in it's Java version.

**PART 4**  
**EXTRA PHILOSOPHY**

## Random philosophy pages

These are NOT rules for life, they are merely the intellectual version of the magnetic poetry you see on the fridges of people with more money than sense.

Read one that appeals to you and roll it around your mind like a metaphorical boiled sweet until you see if it is applicable or helpful to you.

Some philosophy may not be applicable to you, right now, but might be useful as a way of managing your own thoughts at a later time in your life.

These people spent their whole lives coming up with boiled down explanations of the human condition, so it's worth taking advantage of that, so you don't have to spend your life looking for meaning or generalised solutions and intellectual tools.

If you like a particular quote and want it to inspire you. Print it out, laminate it and put it somewhere you can look at it often, when you no longer need it, find and print another inspiring thought.

Here we go...

- "The unexamined life is not worth living" - Socrates
- "Whereof one cannot speak, thereof one must be silent" -  
Ludwig Wittgenstein
- "Entities should not be multiplied unnecessarily"  
William of Ockham
- "I think therefore I am" ("Cogito, ergo sum")  
Rene Descartes
- "He who thinks great thoughts, often makes great errors"  
Martin Heidegger
- "We live in the best of all possible worlds"  
Gottfried Wilhelm Leibniz
- "What is rational is actual and what is actual is rational" -  
G. W. F. Hegel
- "One cannot step twice in the same river"  
Heraclitus
- "The greatest happiness of the greatest number  
is the foundation of morals and legislation"  
Jeremy Bentham
- "To be is to be perceived" ("Esse est percipi")-  
Bishop George Berkley
- "Happiness is not an ideal of reason but of imagination" -  
Immanuel Kant
- "No man's knowledge here can go beyond his experience" -  
John Locke
- "Liberty consists in doing what one desires"  
John Stuart Mill
- "It is undesirable to believe a proposition when  
there is no ground whatever for supposing it true" -  
Bertrand Russell
- "Even while they teach, men learn"  
Seneca the Younger
- "There is only one good, knowledge, and one evil, ignorance" -  
Socrates
- "Leisure is the mother of philosophy"  
Thomas Hobbes
-



- "We are what we repeatedly do. Excellence, then, is not an act, but a habit" **Aristotle**
- "Life must be understood backward. But it must be lived forward " - **Søren Kierkegaard**
- "Science is what you know. Philosophy is what you don't know"  
**Bertrand Russell**
- "History is Philosophy teaching by examples" **Thucydides**
- "He who is unable to live in society, or who has no need because he is sufficient for himself, must be either a beast or a god" **Aristotle**
- "You can discover more about a person in an hour of play than in a year of conversation" **Plato**
- "All that is necessary for the triumph of evil is that good men do nothing" - mistakenly attributed to **Edmund Burke**
- "I would never die for my beliefs because I might be wrong"  
**Bertrand Russell**
- "In order to go on living, one must try to escape the death involved in perfectionism."- **Hannah Arendt**
- "Happiness is the highest good" - **Aristotle**
- "If men were born free, they would, so long as they remained free, form no conception of good and evil" - **Baruch Spinoza**
- "The greater the difficulty, the more glory in surmounting it"  
**Epicurus**
- "Whatever is reasonable is true, and whatever is true is reasonable" - **G.W.F.Hegel**
- "Man is condemned to be free" - **Jean-Paul Sartre**
- "It is one thing to show a man that he is in error, and another to put him in possession of truth" - **John Locke**
- "To be a good human being is to have a kind of openness to the world, an ability to trust uncertain things..." - **Martha Nussbaum**
- "That man is wisest who, like Socrates, realizes that his wisdom is worthless" - **Plato**
- "The only thing I know is that I know nothing" - **Socrates**
- "Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence."- **Sheryl Sandberg**

- "Man is born free, but is everywhere in chains"  
Jean-Jacques Rousseau
- "If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things" - René Descartes
- "Philosophers have hitherto only interpreted the world in various ways; the point, however, is to change it" - Karl Marx
- "A wise woman wishes to be no one's enemy; a wise woman refuses to be anyone's victim." Maya Angelou
- "It is wrong always, everywhere and for everyone, to believe anything upon insufficient evidence" - W.K.Clifford
- "Virtue is nothing else than right reason"  
Seneca the Younger
- "The brave man is he who overcomes not only his enemies but his pleasures" - Democritus
- "Good and evil, reward and punishment, are the only motives to a rational creature" - John Locke
- "To do as one would be done by, and to love one's neighbour as oneself, constitute the ideal perfection of utilitarian morality" - John Stuart Mill
- "Everything that exists is born for no reason, carries on living through weakness, and dies by accident" - Jean-Paul Sartre
- "Man is the measure of all things" - Protagoras
- "We are too weak to discover the truth by reason alone"  
St. Augustine
- "How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself." Anais Nin

### Further Reading

There are a few books that I can personally recommend as having been of genuine benefit to my personal level of happiness, by giving me interesting ways of looking at my own life.

The Art of Asking by Amanda Palmer

The War of Art by Stephen Pressfield

You are a Bad Ass by Jen Sincero

The Art of War by Sun Tsu

Dune by Frank Herbert

Variable Star by Robert Heinlein and Spider Robinson

Starship Troopers by Robert Heinlein

The SAS Survival Guide by John 'Lofty' Wiseman

Actual print books are pretty cheap, in my time frame - that could change in the future. Nothing beats having a hard copy of a book.

Oh and check out (or help create) a zine scene.

Online resources (at time of writing)

**Wikipedia** - an online socially maintained encyclopedia

**You Tube** - online resource for video

**Boing Boing** - curated list, updated daily, of interesting things

**Makezine** - online maker magazine

**Thingiverse** - source for raw 3d printer files

**Rant Media** - Wherever you can find it!

**Archive.org** - A repository useful of digital files

**PART 5**  
**ADD YOUR OWN**

So, the remaining part of this book is for the reader to write down more advice for either themselves or another, future reader.

Is there something that you would class as rock solid advice for another reader of this particular book, even if you knew that you would never meet them in person?

It is also another way that EVERY copy of this book has the potential to be unique.

Go nuts!

SUCH AS:

DONT EAT THE YELLOW SNOW.

DON'T BUMP UGLIES WITH PEOPLE THAT ARE MEAN, STUPID OR BOTH.

LEARN SOME KIND OF HANDICRAFT THAT 'SEEMS' TO BE FOR ANOTHER GENDER, LIKE SEWING, CROCHET, BLACKSMITHING, SOLDERING OR KNITTING.

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## CREDITS, SOURCES AND ACKNOWLEDGEMENTS

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My Mum and Dad, India, Dean, Dean's Mum, Renbymon, Kim, Kevin, Tracy, John and Debbie, Iron 'Don't-bone-your-future-self' Angel and Pheonix, Jason, Juver, The entire Poole Family, Avagdu and Bri, Sean Kennedy and team, Alex Peake, Mephyt, Stan, The Chaosbunny, Andrew, Misanthropic Gods...

And thank you for taking out the time to read the book!

The list goes on and I have definitely left some people out. Essentially , if you met me and I learned something useful from you, you can, deservedly, scribble your name here:



Stone Soup is a hybrid self help book/notebook written to help you organise your time and environment to give you the resources you need to unleash your human birthright of creativity. It is designed to allow you to alter and add to it so you can pass it on to others and hopefully upgrade their lives.

Add to it and pass it on....